

RAK^{Xa} TREATMENT MENU

YOUR JOURNEY TO
WHOLENESS BEGINS HERE



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VITALLIFE

MEDICAL CONSULTATIONS AND DIAGNOSTICS



VITALLIFE

CONSULTATIONS

ANTI - AGEING DOCTOR CONSULTATION

30 Min

60 Min

A consultation with a wellness medical doctor to review your health conditions and customise a treatment plan for your wellness journey.

AESTHETIC DOCTOR CONSULTATION

30 Min

A consultation with an aesthetic doctor to assess your facial and body skin condition to personalise a treatment plan.

NUTRITIONIST CONSULTATION

30 Min

A consultation with a nutritionist to review your diet pattern and eating habits to create a meal plan and lifestyle modification programme.

ONLINE DOCTOR CONSULTATION

30 Min

A follow up teleconsultation with a wellness medical doctor to review your health conditions and adjust your wellness plan.

ONLINE NUTRITIONIST CONSULTATION

30 Min

A teleconsultation with a nutritionist to assess and adjust your diet plan.

PHYSICAL MEDICINE AND REHABILITATION DOCTOR CONSULTATION

30 Min

A consultation with a physician to review your physical conditions and customise a treatment plan to resume your body functions.

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DIAGNOSTICS

ANKLE BRACHIAL INDEX (ABI)

15 Min

Simply known as ABI, the test compares the blood pressure in the upper and lower limbs. The Ankle Brachial Index (ABI) is the systolic pressure at the ankle, divided by the systolic pressure at the arm. It has been shown to be a specific and sensitive metric for the diagnosis of Peripheral Arterial Disease (PAD). Additionally, the ABI has been shown to predict mortality and adverse cardiovascular events independent of traditional cardiovascular risk factors. The major cardiovascular societies advise measuring an ABI in every smoker over 50 years old, every diabetic over 50, and all patients over 70.

BODY COMPOSITION ANALYSIS

15 Min

Body composition is used by health professionals to evaluate a person's weight by breaking it down into its core components: fat, protein, minerals, and body water. It identifies your healthy weight more accurately and provides a better glimpse into your overall health than traditional methods like BMI & weight.

Body composition analysis can accurately show changes in fat mass, lean muscle mass, and body fat percentage.

FACIAL SKIN ANALYSIS (VISIA)

15 Min

VISIA facial skin analysis is a high-tech imaging device that comprehensively and objectively evaluates the skin's health and condition. The device uses advanced technology to analyse the skin's texture, tone, and colour, providing valuable insights into the skin's overall health, including wrinkles, age spots, pores, UV or sun damage, brown spots, facial redness, and skin texture. The VISIA uses a camera with polarised and UV light to capture high-resolution images of the skin from various angles with precision beyond what the eye can see. The images are then analysed using specialised software that provides a detailed report of the skin's health and condition.

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OTHER TESTS

FOOD INTOLERANCE

Discover how your body responds to different foods with our Food Intolerance Test. The results will help you identify specific foods that could be triggering allergic reactions, allowing you to make informed adjustments to your diet. By reducing, rotating, or eliminating these foods, you can support your body's recovery and improve your overall well-being.

HORMONE PANEL

Rebalance your hormones with our Hormone Panel Test. With a comprehensive assessment of your current hormone levels, we'll identify any imbalances and provide personalised solutions, which may include medications, supplements, or lifestyle adjustments. Additionally, a follow-up appointment will be scheduled to track your progress and ensure your hormones are restored to optimal balance.

MICRONUTRIENTS (19 ITEMS)

Enhance your health and combat the effects of ageing with a Micronutrient Assessment. You'll receive a comprehensive report outlining your current nutrient and antioxidant levels. If any deficiencies are detected, we will suggest tailored solutions such as personalised supplements, medications, or lifestyle changes. A follow-up appointment will be scheduled to monitor your progress and ensure your nutrient levels are restored to optimal balance.

TOXIC METAL PROFILE (BLOOD)

Detect and manage recent toxic metal exposure with our Blood Toxic Metal Profile. Using a blood test, we can evaluate current levels of heavy metals in the body, including lead, mercury, and arsenic, which may result from environmental or dietary exposure. These results will provide insights into your body's toxic burden, allowing us to identify potential health risks and offer personalised guidance to minimise exposure and support detoxification.

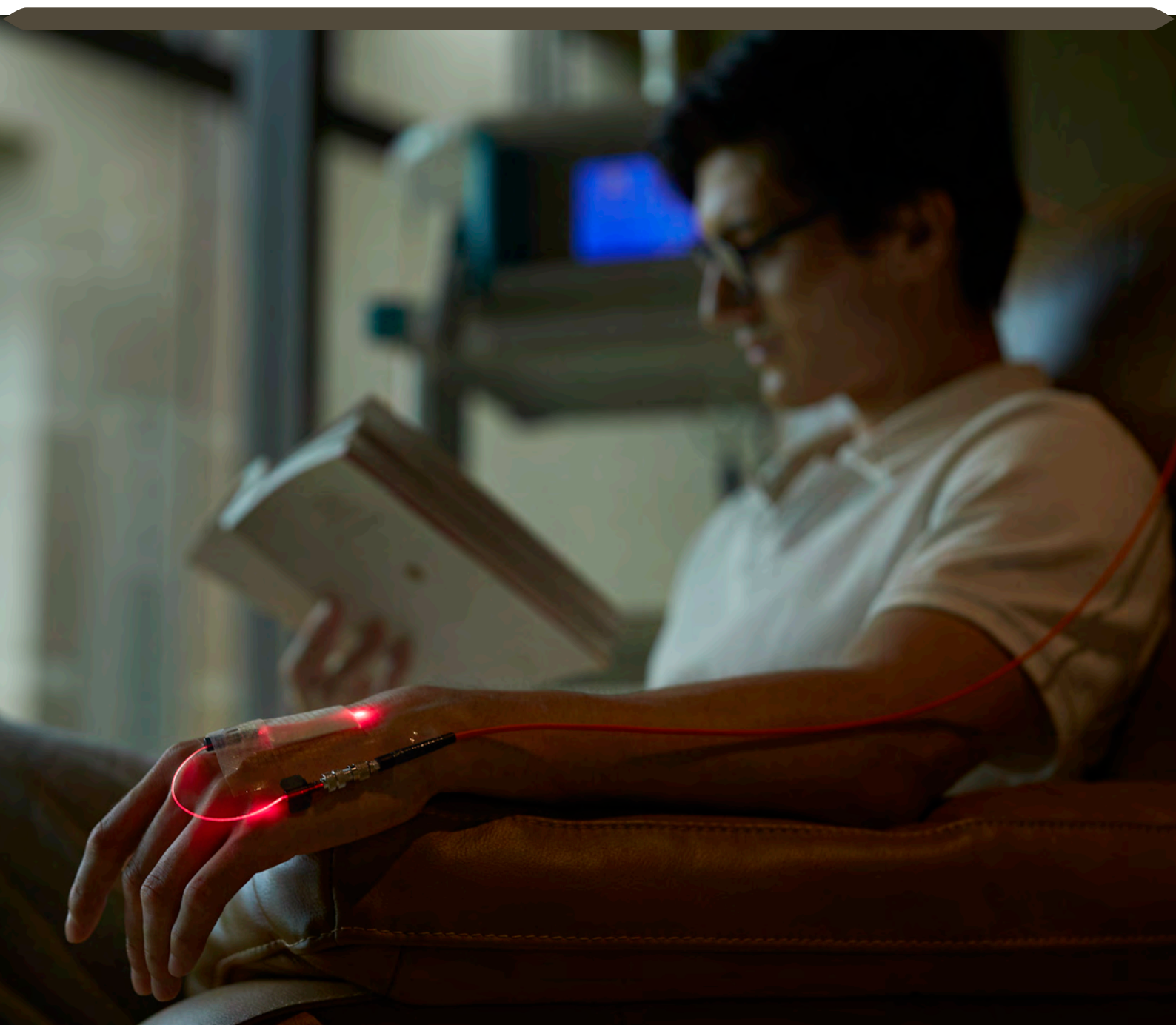
TOXIC METAL PROFILE (URINE)

Assess long-term toxic metal accumulation with our Urine Toxic Metal Profile. Using a urine test, we can evaluate ongoing heavy metal exposure in the body, including lead, mercury, and arsenic, as the body naturally eliminates many toxins, including heavy metals, through urine. These results will provide insights into your body's detox efficiency, allowing us to identify potential risks and offer guidance to improve your overall well-being.

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INTEGRATIVE WELLNESS

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MEDICAL TREATMENTS



VITALLIFE

IV INFUSIONS

ANTIOXIDANT BOOST-UP IV

60 Min

This IV formula delivers antioxidants, vitamins, and minerals directly into your bloodstream for efficient absorption. This treatment helps reduce inflammation, boost energy levels, and revitalise your body from the inside out.

BEAUTY REFRESH IV

60 Min

This IV formula enhances collagen production and delivers powerful antioxidants to promote a radiant glow, slow the ageing process of your skin, and restore a more youthful appearance. It also aids in detoxification, helping vital organs eliminate toxins.

BLOOD OZONE IV

30 Min - 45 Min

Ozone therapy is delivered via an IV during a session that typically lasts 45-60 minutes. It works by infusing your blood with oxygen and ozone, creating an oxygen-rich environment that helps eliminate harmful cells, including bacteria and fungi.

BRAIN BOOSTER IV

60 Min

This Brain Booster IV formula supports brain and nervous system function, enhancing memory and concentration while relieving brain fatigue. It also helps restore energy levels and reduce inflammation throughout the body.

IV INFUSIONS

CHELATION IV

60 - 90 Min

This IV formula supports the chelation and removal of heavy metals including lead, arsenic, aluminum, and cadmium, which may have unknowingly accumulated in the body through sources such as food, drinking water, pollution, and daily routines. By removing these toxins, it helps alleviate physical and mental fatigue, while reducing inflammation, pain, and swelling caused by toxic buildup. Additionally, this formula may be beneficial in alleviating symptoms similar or related to those of Alzheimer's disease and reducing the risks of heart attack and stroke.

GUT HEALTH IV

180 Min

This IV formula enhances intestinal function and balances essential nutrients and amino acids, promoting improved gut health. It is particularly effective in addressing abnormal intestinal conditions that can lead to poor nutrient absorption. These conditions may include leaky gut syndrome, small intestinal bacterial overgrowth, hypochlorhydria, irritable bowel syndrome, Crohn's disease, ulcerative colitis, celiac disease, and food allergies, among others.

IMMUNE FIGHTER IV

90 Min

This IV formula combines two powerful therapies: Ozone Therapy and the Myers Cocktail. Ozone Therapy creates an environment that inhibits harmful bacteria and fungi, while the Myers Cocktail, an IV blend of essential vitamins and hydration, boosts immunity and additionally helps relieve inflammation, muscle pain, migraines, and cramps.

IMMUNE FIGHTER PLUS IV

120 Min

The Immune Fighter Plus IV builds upon the Immune Fighter Treatment with the addition of Weber IV Laser Therapy. While the Immune Fighter Treatment already combines Ozone Therapy and the Myers Cocktail to inhibit harmful bacteria and fungi while boosting immunity, the Weber IV Laser Therapy enhances the benefits by using laser light to increase cellular energy, reduce fatigue and inflammation, and improve cognitive performance.

IV INFUSIONS

IMMUNE HI C IV

60 Min

This IV formula supports immune system function with high levels of vitamin C and antioxidants. It helps prevent virus-related illnesses, reduces susceptibility to infection, alleviates bodily inflammation, and rejuvenates the body after a cold, fatigue, or stress. Additionally, it lowers the risks of heart attack and stroke, improves memory efficiency, and helps regulate sleep patterns. The formula also promotes beauty by stimulating collagen production, which restores youthful, healthy skin, hair, and nails.

IMMUNE MYER IV

60 Min

This IV formula is designed to enhance immune function, making it ideal for preparing your body before and after travel. It helps reduce susceptibility to infections and accelerates recovery from illnesses, including colds. Additionally, it supports emotional well-being, promoting better sleep, increased energy, and improved blood circulation to help you wake up feeling refreshed and revitalised.

LIVER DETOX IV

60 Min

This IV formula effectively cures a hangover while cleansing and supporting liver function to combat harmful oxidants. It is particularly beneficial for individuals with fatty liver issues or those who frequently consume alcohol. The nutrients in this formula enhance liver efficiency, aiding in the detoxification process by converting fat-soluble toxins into water-soluble ones and allowing the body to eliminate these toxins more effectively through urine.

METABOLISM BOOSTER IV

60 Min

This IV formula enhances the efficiency of fatty acid oxidation, reducing the accumulation of fat molecules within liver cells, which improves the conversion of fat into energy. It boosts energy levels and physical endurance, making it ideal for those looking to lose weight. Additionally, it helps regulate blood sugar levels, alleviate bodily inflammation, and maintain hydration, benefiting brain function, heart health, muscle movement, and other vital systems.

IV INFUSIONS

WEBER IV LASER THERAPY

60 Min

Weber IV Laser Therapy energises cells using laser light delivered through blood vessels. The therapy involves various colours of light from the laser device, each stimulating the mitochondria to produce ATP (energy) for the cells in the body. This boosts ATP production, providing the targeted cells with enhanced energy.

RED LIGHT

Stimulates blood circulation, helping to reduce fatigue and weakness.

GREEN LIGHT

Increases oxygen supply to blood cells, enhances resilience, and aids in reducing pain and inflammation.

BLUE LIGHT

Reduces inflammation and helps combat infections within the body.

YELLOW LIGHT

Promotes hormone balance, lowers blood pressure, regulates mood, and alleviates symptoms of depression or insomnia.

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AESTHETIC TREATMENTS

BOTOX INJECTION

Botox 10 units – 45 Min

Botox 20 units – 60 Min

Botox 30 units – 60 Min

Botox 40 units – 60 Min

Botox 50 units – 60 Min

Botox 70 units – 60 Min

Botox100 units – 60 Min

Botulinum injection is an FDA-approved procedure designed to reduce the appearance of dynamic wrinkles or expression lines by relaxing muscles around the injected area.

The most common wrinkles treated include the “11” lines between the brows, horizontal lines on the forehead, and crow’s feet around the eyes. These lines are caused by smiling, frowning, squinting, and other facial expressions. This treatment does not work on static wrinkles caused by sagging or loss of facial volume.

Botulinum injection is not a permanent solution, and repeated treatments are required to maintain wrinkle-reducing effects. The muscle-relaxing effect typically lasts for 3 to 4 months. Other applications include masseter reduction for facial slimming, bruxism, office syndrome, and excessive sweating.

BRIGHT-LIFTING (PROFACIAL)

60 Min

Profacial is an all-in-one solution for multi-dimensional, effective facial care by combining four technologies of aqua peeling, ion lifting, multipolar radiofrequency and ultrasound. The benefit of this procedure can reduce the appearance of wrinkles and fine lines, rehydrate the facial skin, improve skin tone, hyperpigmentation and sun damage, tighten enlarged pores, and control acne and oily-prone skin to prevent breakouts. When combined with photo-facial rejuvenation, the procedures will enhance skin glow.

AESTHETIC TREATMENTS

COOLSCULPTING

Mini – 45 Min per cycle

Advantage – 45 Min per cycle

Advantage Plus – 50 Min per cycle

This cryolipolysis technique aids in freezing unwanted fat cells by controlled cooling and freeze-detect technology. The CoolSculpting® is an FDA-approved procedure to treat visible fat bulges in the submental (under the chin) and submandibular (under the jawline) areas, thigh, abdomen, and flank, along with bra fat, back fat, underneath the buttocks (also known as banana roll) and upper arm. It also improves the appearance of lax tissue for sagging jowls and chin. This is not a treatment for weight loss but an effective, non-surgical body contouring procedure especially for difficult bulges resistant to heavy exercises and diet. A variety of applicators can be personalised to fit different body sizes and areas.

FAT ELIMINATION (VANQUISH)

45 Min

Vanquish is a non-surgical approach designed to decrease the circumference of the abdomen and thighs through the selective heating of fat tissue. The procedure uses radio-frequency energy to target and destroy fat cells by heating them up, resulting in fatty cell shrinkage and elimination. Although the energy penetrates deep into the fat layers, the tissue above is unaffected and safe because the Vanquish device does not contact the skin surface.

FILLERS

60 - 90 Min

Dermal fillers are small injections of gel, typically made up of hyaluronic acid, that fill in wrinkles and add volume to soft tissue. The injection can be performed in different parts of the face, including around the eyes, cheeks, mouth, jawline, and the lip tissue. Fillers have been used for years and basically restore lost volume to your face and plump areas, so that deep-set lines are smoothened. Biostimulators acts at increasing collagen thickness without volumisation.

AESTHETIC TREATMENTS

FOTONA LASER TREATMENTS

Cheek 40-60 Min

Forearm 45 Min

Full Face 60 Min

Full Face and Neck 90 Min

Neck 60 Min

This technology is based on two complementary laser wavelengths (Er:YAG and Nd:YAG) in a single system. Combining both wavelengths in a single treatment makes best use of the unique laser-tissue interaction characteristics of each laser wavelength and can dramatically improve the outcome of laser-assisted treatments to achieve superior clinical results. Innovative solutions are available for a wide range of aesthetic treatments, including skin resurfacing & rejuvenation, pigmented lesions and more. The technology can treat the skin from within and without. A "Smile-lift" technique can stimulate collagen from the surface and within the oral mucosa for a double-lifting effect to "lift-up" the smiles. The procedure can also be performed to reduce eye bags, periorbital wrinkles and brows-lift with repeated sessions. Parameters can be adjusted to your individual needs with least downtime.

INDIBA RF TREATMENTS

BODY CONTOURING

Abdomen or Upper Thigh 60 Min

Hip or Upper/Lower Back 60 Min

Upper and Lower Back 60 Min

Indiba helps rebalance the cells by increasing the internal temperature and activating them to reduce cellulite without damage to other cells. Indiba possesses the following biological effects: BIOSTIMULATION (activation of cell proliferation, repair and restoration mechanisms), VASCULARISATION (increase in local blood supply and improvement of tissue oxygenation and nutrition) and HYPERACTIVATION (stimulation of metabolic processes and cell activity).

AESTHETIC TREATMENTS

FACIAL TIGHTENING

Neck 30 Min

Full Face 30 Min

Full Face and Neck 60 Min

Indiba increases tissue temperature and cellular activity by promoting the synthesis of collagen and elastin and improving blood flow. The procedure helps stimulate rejuvenation and revitalisation, create tightening and lifting effects, reduce fat and cellulite, improve cellular oxygenation, and hydrate the skin. Indiba possesses the following biological effects: BIOSTIMULATION (activation of cell proliferation, repair and restoration mechanisms), VASCULARISATION (increase in local blood supply and improvement of tissue oxygenation and nutrition) and HYPERACTIVATION (stimulation of metabolic processes and cell activity). This procedure can enhance synergistic effects of lipolysis and other body-contouring procedures.

PHOTO-FACIAL REJUVENATION

20 Min

30 Min

A high-end photobiomodulation technique using a new generation of monochromatic LEDs for photo-facial rejuvenation with four types of light. Blue light possesses anti-bacterial and anti-inflammatory properties, fighting acne bacteria and restraining spreading. Amber light is used to soothe the skin, being used at the beginning to help prepare the skin for the treatment and at the end of a session to increase the treatment's efficiency. Visible red light is absorbed by all the skin layers, including dermis, to promote the natural self-repairing process of the skin and stimulate collagen production, offering a wide range of aesthetical applications, including rejuvenation and scar improvement. Infrared triggers a response in the deep tissue to stimulate cellular processes and promote cellular repair mechanisms.

THERMAGE

450 Shots (Eyelids) 90 Min

600 Shots 120 Min

900 Shots 120 Min

1,200 Shots (Body 500) 120 Min

Thermage uses a patented radiofrequency (RF) technology to tighten and gently lift skin to smooth out wrinkles and renew facial contours. The incision-free procedure is fast and easy, and requires no downtime from normal activities. Unlike lasers, the procedure can be performed on patients of all skin types.

AESTHETIC TREATMENTS

TESLA FORMER

30 Min

Tesla Former utilises magnetic energy to non-invasively build up body muscles at the body parts you wish to shape. This treatment has no downtime. The targeted areas include abdomen, arms, thighs, buttocks, and the pelvic muscles.

Like exercising, TESLA Former triggers motoric nerves and excites muscle contraction also give you the feeling of highly intensive exercise, giving you a toned body.

ULTHERA 100 SHOTS

Ulthera 100 Shots 60 Min

Ulthera 150 Shots 60 Min

Ulthera 200 Shots 60 Min

Ulthera 250 Shots 90 Min

Ulthera 300 Shots 90 Min

Ulthera 350 Shots 90 Min

Ulthera 400 Shots 90 Min

Ulthera 500 Shots 120 Min

Ulthera 600 Shots 120 Min

Ulthera 700 Shots 120 Min

Ulthera 800 Shots 120 Min

Ultherapy is a non-invasive procedure to tighten and lift sagging skin.

It can be used anywhere on the face and body where tighter skin is desired.

Ultherapy uses ultrasound technology to heat the tissue deep below the firming skin's surface, stimulating the formation of new collagen. Treatment at different depths helps to improve sagging and skin texture, depending on the intensity and the number of pulses provided after personalised expert evaluation.

AESTHETIC TREATMENTS

MPT

MPT 200 120 Min

MPT 400 120 Min

MPT 600 120 Min

MPT 800 120 Min

MPT 1000 120 Min

MPT is a fast, innovative, non-invasive ultrasound technology for lifting eyebrows and sagging skin on the face and neck. It also improves fine lines, wrinkles and skin tone. MPT technology is tailored to improve different depths of the skin in a single session.

SELECTIVE BRIGHTENING FACE

Selective Brightening Face 120 Min

Selective Brightening Face and Neck 120 Min

Selective Lifting Face 120 Min

Selective Lifting Face and Neck 120 Min

This radiofrequency (RF) microneedling treatment delivers RF energy deep into various skin depths to stimulate collagen production, improve skin texture, and address some skin concerns, including wrinkles, enlarged pores, unwanted redness and scars.

VITALLIFE

CLINICAL PHYSIOTHERAPY SERVICES

PHYSIOTHERAPY ASSESSMENT

30 - 60 Min

A comprehensive assessment by a physiotherapist to evaluate movement, posture, and physical function.

PHYSIOTHERAPY TREATMENT

60 Min

This tailored soft tissue manipulation treatment is crafted to prime your muscles for training, prevent injuries, and alleviate stiffness. It also helps address muscle imbalances, reduce tension, and accelerate recovery after physical activity. Utilising advanced techniques such as localised ultrasound, peripheral magnetic stimulation (PMS), and shockwave therapy, the treatment is customised to suit your specific sport and individual requirements.

BALANCE AND REFLEX TEST

30 Min

Our balance tests are designed to identify the causes of balance issues, which can make you feel unsteady or dizzy. This includes symptoms similar to vertigo (a spinning sensation) or light-headedness (feeling faint). Balance disorders can affect daily activities like walking or climbing stairs, so understanding and addressing them is key to restoring your confidence and stability.

RF FOR PHYSIOTHERAPY

30 Min

40 Min

50 Min

This treatment uses radiofrequency technology to promote tissue recovery by supplying oxygen and nutrients to the affected areas. By activating circulation through microcirculation and vasodilation, it stimulates healing processes, including cell proliferation and fibroblast activity, resulting in tissue regeneration and faster recovery.

VITALLIFE

HEALTH AND WELLNESS TREATMENTS

COLON HYDROTHERAPY

60 Min

Colon Hydrotherapy is a natural, safe and easy procedure that helps your body get rid of residual toxins that may be residing in your large intestine. You will feel fresh and may notice skin improvements after several sessions. In addition, an unhealthy gut may unsettle the immune system. In fact, at least 70% of the body's immune cells can be found in the gut. Therefore, the aim is to facilitate detoxification, re-establish the guts normal balance and in turn improve the immune system function.

CRYO SAUNA THERAPY

3 Min

Cryotherapy is an innovative treatment where the whole body or part of your body is exposed to sub-zero temperatures (-140°C) to boost blood circulation, which in turn results in a higher metabolic and caloric burn rate. The increased circulation of healthy nutrients in the body stimulates various health benefits in the areas of wellness, fitness, recovery, beauty and slimming.

HYPERBARIC OXYGEN THERAPY

45 Min

Hyperbaric Oxygen Therapy increases the air pressure more than the normal air pressure, resulting to a state where your lungs gather more oxygen than from the normal air pressure.

HEALTH AND WELLNESS TREATMENTS

INFRARED SAUNA THERAPY

30 Min

This therapy is a gentle way of warming the body in a very comfortable, natural way. The infrared waves penetrate deep into the skin. The infrared waves increases the production of heat shocked proteins which aid both in cleansing and activating new cell growth. It also increases collagen production and circulation to improve complexion, reduce wrinkles and detoxify the body.

WHOLE BODY LIGHT THERAPY

20 Min

Whole-body photo-light therapy is a treatment that uses light energy to help the body heal. It can improve skin health, relieve muscle and joint pain, speed up recovery from injuries, and boost blood circulation. This therapy is safe, relaxing, and helps the body heal naturally.

VITALLIFE
OTHER SERVICES



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OTHER SERVICES

CUSTOMISED SUPPLEMENT

The use of supplements and nutrients personalised according to your individual needs and provided with medical supervision.

HORMONE REPLACEMENT THERAPY

Hormone replacement therapy uses bio-identical hormones to help optimise and rebalance your hormone levels, supporting your overall health and well-being.

ORAL SUPPLEMENT

The use of oral supplements and nutrients personalised according to individual needs and provided under medical supervision.

WEIGHT CONTROLLING INJECTION

The use of an injectable glucagon-like peptide-1 (GLP-1) receptor agonist for weight controlling purposes for adults with excess weight (BMI > 27) with weight-related medical conditions or obesity (BMI > 30).
The medication should be used with a reduced calorie intake and increased physical activity.

PROBIOTIC REPLACEMENT THERAPY

The use of a complete synbiotic formulation consisting of multiple probiotic strains and prebiotic fibres to rebalance your gut flora and improve bacterial dysbiosis.

RAK^{Xa} GAYA

PHYSIOTHERAPY



RAK^{Xa} GAYA

PHYSIOTHERAPY

PERFORMANCE REMEDY

50 Min

80 Min

Our Performance Remedy combines physical assessment, advanced manual therapy, targeted massage, and joint mobilisation to relieve pain, enhance mobility, and restore movement quality. Through soft tissue release, joint techniques, and corrective exercises, the Performance Remedy addresses muscle tightness, stiffness, and postural imbalances, promoting long-term recovery and improved physical well-being. It is ideal for individuals experiencing muscle tension, muscle weakness, bodily pain, or postural discomfort.

FASCIA RELEASE

50 Min

80 Min

Fascia is the connective tissue that holds muscles, nerves, and blood vessels together, allowing your body to move smoothly. When fascia becomes overly tightened or restricted, it can lead to poor posture, physical imbalances, and reduced mobility or strength. Our physiotherapists use techniques such as massage and meridian stretching to release tension and restore flexibility, helping you move more freely and feel better overall.

DEEP TISSUE MASSAGE

50 Min

80 Min

Our Deep Tissue Massage is designed to target areas of pain and discomfort, relieving muscle stiffness and physical tension. It is perfect for those who play sports, have poor posture, or experience muscle strain from repetitive activities. By focusing on the deep layers of your muscles, this treatment effectively releases stress and tension, leaving you feeling relaxed and restored.

PHYSIOTHERAPY

PHYSICAL MOVEMENT ASSESSMENT

45 Min

Our Physical Movement Assessment is designed to analyse your essential daily movements, including strength, mobility, balance, and coordination. Based on the results, we will recommend the most suitable treatments, classes, and exercises to support your individual needs and goals.

BIOMECHANICS ANALYSIS (GAIT ANALYSIS)

50 Min

Our Biomechanics Analysis, also known as Gait Analysis, identifies any issues affecting your movement. During the session, our physiotherapists will assess your everyday movements including walking, standing, running, and lifting techniques to help you correct imbalances and prevent pain or injuries caused by poor movement patterns.

HYDROTHERAPY EXERCISE

50 Min

Our Hydrotherapy Exercise is a non-impact cardiovascular exercise perfect for those who have joint and spine problems. Using the benefit of water that gently supports body weight, easing pressure on the joints, this aqua exercise is safe and suitable for those who have conditions ranging from muscle weakness to problems associated with athletic training.

PERFORMANCE REGENERATING EXERCISE

50 Min

Our Performance Regenerating Exercise combines Pilates, rehabilitation, and neuromuscular activation training to create a personalised corrective exercise programme just for you. This programme focuses on achieving proper alignment by activating the right muscles, helping to prevent future injuries from daily activities or exercise.

PHYSIOTHERAPY

CORE AND STABILITY TRAINING

25 Min

50 Min

Our Core and Stability Training covers four movement fundamentals:

1. Flexibility and mobility
2. Dynamic strengthening
3. Posture and balance
4. Resistance

Huber 360, the patented Dynamic Posture Corrector™ ensures proper posture and positioning during exercises. Its multi-axis motorised platform helps mobilise joints in all directions. This innovative approach combines physical and cognitive exercises to improve your posture, coordination, and overall fitness quickly and effectively.

PRIVATE SUSPENSION SESSION

50 Min

Our Private Suspension Session helps painlessly restore movement patterns and improve body function by utilising the Neurac technique - Redcord suspension. This therapy, performed by our physiotherapists, focuses on improving neuromuscular (brain-muscle) coordination and the root cause of your conditions, using proven scientific principles.

CRANIOSACRAL THERAPY

50 Min

Craniosacral Therapy is a gentle, hands-on treatment that uses light touch to help the body relax and restore balance to the nervous system. It enhances the flow of cerebrospinal fluid around the brain and spine, promoting natural healing, reducing pain, and alleviating tension in the back, neck, and head.

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FUNCTIONAL FITNESS



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FUNCTIONAL FITNESS

RAK^{Xa} FUNCTIONAL FITNESS ASSESSMENT (FFA)

45 Min

RAK^{Xa}'s Functional Fitness Assessment (FFA) is a comprehensive evaluation that uses advanced pneumatic technology and world-class equipment to assess your fitness across six critical areas: single leg strength, mobility and brain reaction, torso rotation, upper body control, flexibility, and cardiovascular capacity. The detailed insights gained enable personalised exercise plans tailored to your wellness goals. Additionally, repeat assessments can track your progress and fine-tune your training over time.

PERSONALISED CORRECTIVE EXERCISE

50 Min

Our Personalised Corrective Exercise is a one-on-one exercise with one of our experienced fitness professionals, who will customise a training programme to reduce body pains and regain physical functions after injuries, illnesses, or surgeries. The exercise is a vital part of overall recovery, helping restore strength, range of motion, and endurance. The goal of this training is for you to regain physical function and enhance your overall body performance, getting you back to feeling your best.

SPORT PERFORMANCE ANALYSIS

30 Min

Our Sports Performance Analysis uses advanced software used in professional sports training to track your heart rate and heart rate variability (HRV), giving a detailed picture of your training load and recovery needs. It helps assess your stress and recovery levels, ensuring your fitness programme is perfectly tailored. This cutting-edge tool is ideal for optimising your training schedule and improving overall performance.

PRIVATE OUTDOOR TRAINING

50 Min

Our Private Outdoor Training programme is fully personalised by our fitness professionals to help you achieve your goals while keeping the sessions fun and engaging. The workout includes functional movement and circuit training to deliver maximum physical benefits and keep you motivated.

FUNCTIONAL FITNESS

TOTAL BODY POWER TRAINING

50 Min

Our Total Body Power Training programme focuses on the biomechanics of your body to activate the kinetic chain, optimising power development for movement. This is essential for all sports and overall well-being, as body power is crucial for reactive strength and agility. It allows you to generate force more rapidly and with greater strength in every powerful movement.

HIIT RE-ENERGISE TRAINING

50 Min

High-Intensity Interval Training (HIIT) is an energising workout regularly used by elite athletes to boost their performance. Major benefits include increasing energy levels, stimulating growth hormones, and rapidly building functional strength. This intense, full-body workout not only leaves you feeling a surge of adrenaline during the session but also keeps you energised and uplifted throughout the day.

PRIVATE ACTIVE AQUA EXERCISE

50 Min

Our Private Active Aqua Exercise is a low-impact cardiovascular workout that uses water resistance to burn calories and strengthen your muscles and bones, all without putting stress on your joints. It's a safe way to enjoy exercises such as cycling, running, cross-training, and core workouts, but with the added support of water resistance. This exercise is perfect for those who are looking for a full-body workout with no risk of injury.

PRIVATE YOGA

50 Min

Yoga combines physical poses, controlled breathing techniques, and meditation to harmonise your body and mind. Our fitness professional will tailor the session to your skill level whether you are a beginner or more advanced and guide you toward achieving your personal goals in a supportive and peaceful environment.

FUNCTIONAL FITNESS

PRIVATE TAI CHI

50 Min

Tai Chi, originally developed as a Chinese martial art, is a gentle exercise that merges mindful movements with deep breathing. It provides numerous benefits, including enhanced muscle and joint flexibility, stress relief, and reduced levels of anxiety and depression. Practicing Tai Chi is ideal for those seeking to restore balance to their body, mind, and emotions.

THAI BOXING (WITH MUAY THAI MASTER) OR THAI BOXING (WITH FITNESS INSTRUCTOR)

50 Min

Muay Thai, an ancient Thai martial art, has evolved into a superb fat-burning exercise with significant cardiovascular benefits. Often referred to as the 'art of eight limbs,' it incorporates the use of hands, elbows, knees, and legs, providing a comprehensive full-body workout. Beyond its physical benefit, Muay Thai fosters mental stamina, discipline, and determination, equipping you with strength, focus, and confidence that enhance decision-making across all areas of life.

HEAD TO TOE STRETCH

25 Min

50 Min

This personalised passive stretch is the ideal recovery following an intense workout. Our fitness professional will carefully stretch your body to alleviate the tension accumulated during exercise. Paired with therapeutic techniques, this full-body stretch helps relax tight muscles and gradually enhance flexibility, leaving your muscles feeling light and at ease.

PILATES ONE-ON-ONE

50 Min

Pilates is a resistance exercise inspired by calisthenics, yoga, and ballet that uses your body weight and specialised equipment to strengthen, lengthen, and stretch muscles in a balanced way. In this one-on-one session, the focus will be on your breathing, concentration, and core control to guide your movements. It helps improve flexibility, strength, balance, and body awareness, making it especially beneficial for posture correction.

FUNCTIONAL FITNESS

ACTIVE BRAIN COORDINATING EXERCISE

25 Min

50 Min

Neuromuscular (brain-muscle) coordination is the primary focus of this exercise, crucial for everyday activities like driving, moving quickly, or navigating busy streets. Good coordination not only enhances your sports performance but also helps prevent injuries and maintains effectiveness as you age. Our fitness professional will guide you through various coordination exercises, encompassing sensory input, brain processing, and motor output. This training is designed to maximise your ability to perform smooth movements and control motor responses effectively.

BASAL METABOLIC RATE ASSESSMENT

45 Min

Our basal metabolic rate (BMR) analysis helps you understand your body's basic caloric needs and how your body processes carbohydrates, fats, and proteins. Knowing your BMR is essential for creating a personalised nutrition plan and tailored training programme that supports your weight management goals effectively.

VO2 MAX TESTING

45 Min

VO2 max measurement is the gold standard for testing endurance performance. It evaluates the maximum amount of oxygen your body can use during exercise, reflecting the efficiency of your heart and lungs to deliver oxygen and your muscles' ability to use it for energy. This test gives valuable insights into your fitness level and helps optimise your training for better endurance and performance.

FUNCTIONAL FITNESS

LOWER BODY IMBALANCE ASSESSMENT

50 Min

This assessment targets the muscles of the lower limbs to evaluate their strength, balance, proprioception (the sense of body awareness), and flexibility. Our medical gym professional will guide you through a circuit using various machines, designed to pinpoint and diagnose physical issues that contribute to lower body imbalances, helping you achieve better stability and strength.

PRIVATE SWIMMING LESSON

50 Min

Whether you are looking to learn how to float with ease or improve your swimming technique, our fitness professional will provide one-on-one guidance to help you reach your goals in a supportive and personalised session.

COUPLE EXERCISE CLASS

50 Min

This personalised couples' training session is designed by our fitness professional to help you and your partner achieve your fitness goals together. Along with physical benefits like increased strength and improved flexibility, this exclusive workout enhances your connection and social well-being, making it a fun and bonding experience for both of you.

ANIMAL FLOW EXERCISE

50 Min

Animal Flow is a bodyweight workout inspired by animal movements, combining strength, mobility, and coordination through ground-based exercises including the crawls and primal transitions of animals. These movements enhance flexibility, core stability, and body awareness and control.

RAK^{Xa} JAI

HEALTH AND WELLNESS CONSULTATIONS



RAK^{Xa} JAI

HEALTH AND WELLNESS CONSULTATIONS

HEALTH AND WELLNESS CONSULTATION INITIAL

50 Min

Our Health and Wellness Consultation takes a holistic approach to your health and well-being, focusing on you and your individual journey. During an initial consultation, an in-depth and detailed case history is undertaken to gain a complete picture of your current physical and mental health as well as your lifestyle goals and preferences. At the end of the consultation, a wellness programme is personalised and created to allow individuals to achieve their health goals, fulfil their unmet needs, and incorporate the health plan into their daily life. A follow-up consultation aims to monitor the changes that have occurred in your wellness journey. The frequency and number of follow-up consultations are dependent on each individual.

HEALTH AND WELLNESS CONSULTATION FOLLOW-UP

25 Min

A dedicated follow-up to check in and assess your progress, adjust or refine your plan and provide further support on your RAK^{Xa} journey.

SAND TRAY THERAPY

60 Min

90 Min

Sand Tray Therapy blends neuroscience, the Satir model, and play therapy to delve into an individual's authentic emotions, perceptions, and values. Through the use of Neuroscience and Satir in the Sand Tray (NSST), this therapeutic approach aids in uncovering and addressing painful memories, anxiety, and trauma. Under the guidance of our experienced therapist, you will be encouraged to interact with figurines in a sand tray, with the ultimate aim of connecting with your subconscious, identifying the root causes of distress, and gaining valuable insight to overcome challenges.

RAK^{Xa} JAI

TRADITIONAL THAI MEDICINE



RAK^{Xa} JAI

TRADITIONAL THAI MEDICINE

TRADITIONAL THAI MEDICINE DIAGNOSIS

25 Min

Traditional Thai Medicine (TTM) Diagnosis includes a birth chart analysis and pulse diagnosis to assess imbalances in the body's elemental systems: earth (din), water (nam), wind (lom), and fire (fai). These elements represent different physiological functions and processes in the body rather than simple material elements. This comprehensive approach allows practitioners to identify imbalances and develop a personalised and effective treatment plan tailored to the individual's constitution.

TRADITIONAL THAI MASSAGE

50 Min

80 Min

110 Min

Traditional Thai massage is a unique and authentic full-body treatment that promotes deep relaxation. This well-known therapy combines gentle pressure on energy lines, passive stretches, joint mobilisation, and firm movements with acupressure. It not only improves flexibility and relieves muscle tension but also leaves you feeling revitalised in both body and mind.

THERAPEUTIC COURT TYPE THAI MASSAGE

80 Min

110 Min

The wisdom and techniques of court-type Thai massage have been handed down through generations from ancient doctors who once reserved this treatment exclusively for Thai royals. This massage aims to invigorate energy, stimulate blood and lymphatic circulation, improve range of motion, and relieve physical discomfort. It achieves these benefits by applying pressure to massage points along the principal lines (Sen Prathan) throughout the body. This massage is particularly beneficial for conditions like lower back pain, lumbar strain, frozen shoulder, trigger finger, and ankle strain. Concluding with a hot herbal compress, this ancient therapy promotes a rejuvenating sense of well-being.

TRADITIONAL THAI MEDICINE

TRADITIONAL THAI OIL MASSAGE

50 Min

80 Min

110 Min

Experience the healing power of this classic Thai therapy, the full-body Traditional Thai Oil Massage, enhanced by the use of Suriyachon oil—a blend of Thai medicinal plants with anti-inflammatory properties. This treatment helps relieve stiff muscles and joints, improve blood and lymph flow, reduce pain and inflammation, and restore your vitality, leaving you feeling refreshed and restored.

TRADITIONAL THAI YA-POK THERAPEUTIC MASSAGE

50 Min

In this traditional Thai therapy, a healing poultice made from herbal powder with cooling properties and duck egg white is placed on both eyes to reduce the heat accumulated around the ocular area, relieving the symptoms of dry eyes and tension headaches. A clay mask, which is evenly applied over the face, aids in soothing and calming the facial skin, promoting a sense of relaxation.

TRADITIONAL THAI HERBAL STEAM (YA-SOOM)

50 Min

The healing benefits of this classic treatment are based on the cleansing properties of the steam derived from a full repertoire of medicinal plants that have been used for generations in Traditional Thai Medicine. A combination of various Thai herbs, including turmeric, galangal, kaffir lime, and lemongrass, aids in clearing the respiratory system, relieving the symptoms of nasal congestion, increasing blood circulation, and leaving you feeling light and refreshed.

TRADITIONAL THAI REFLEXOLOGY MASSAGE

50 Min

80 Min

Traditional Thai Reflexology Massage combines the gentle warmth of a heated brick with manual pressure applied to specific points on the soles, legs, calves, and thighs. Our skilled therapists use their hands and thumbs to stimulate reflex responses in corresponding areas of the body, promoting relaxation and balance. This treatment is perfect for those seeking a deep relaxation experience and improved circulation.

TRADITIONAL THAI MEDICINE

TRADITIONAL THAI PRAKOB AND MASSAGE

80 Min

100 Min

Traditional Thai Prakob and Massage blends steamed medicinal herbs in a compress with traditional Thai massage techniques. Applied along energy lines, the compresses release essential oils through heat, easing muscle soreness and tension while rejuvenating the body and mind. This tailored treatment revitalises and nurtures, promoting overall well-being.

TRADITIONAL THAI SALT POT MASSAGE

80 Min

This treatment combines traditional Thai massage techniques with warm salt pot compression to ease tension in the shoulders and lower back. The compress, filled with coarse salt and medicinal herbs, is applied to energy points with varying pressure, focusing on areas of pain or concern. This therapy not only relieves physical discomfort but also helps reduce symptoms of water retention, leaving you feeling relaxed and rejuvenated.

TRADITIONAL THAI YA-PAO DETOXIFICATION THERAPY

80 Min

This detoxifying therapy begins with herbal burning on the abdomen to relieve congestion, rebalance the body's elements, and release excess air. It's followed by a traditional Thai abdominal massage to clear blockages, boost blood flow, and improve lymphatic circulation. The session concludes with a full-body massage to ease physical discomfort and pain. This cleansing and calming treatment is the perfect way to start your detox journey and feel renewed.

TRADITIONAL THAI YA-CHAE

80 Min

This therapeutic session combines a Thai herbal bath and steam to restore balance to your body's elements. Using a blend of medicinal plants, it helps alleviate symptoms such as excess body heat, skin rashes, and muscle aches. The carefully selected herbs also promote better blood circulation, leaving your body and mind feeling light, rejuvenated, and refreshed.

TRADITIONAL THAI MEDICINE

THAI PURE NUTRIENT HAIR AND SCALP MASSAGE

50 Min

This treatment uses a blend of freshly prepared Thai herbs to detoxify and nourish your scalp. It's designed to relieve tension headaches and migraines while reducing heat around the head, thanks to the cooling properties of the medicinal plants. It's a refreshing and calming experience for both your scalp and mind.

TRADITIONAL THAI FACIAL THERAPY

80 Min

This traditional Thai therapy is designed to enhance your natural beauty from within. A gentle facial massage lifts sagging areas, smooths expression lines, and boosts circulation beneath the skin. The treatment includes a jasmine rice water mask and a gold flake application to restore a youthful glow, hydrate and soften the skin, promote healing, and improve overall complexion. It is the perfect way to rejuvenate and refresh your face.

TRADITIONAL THAI SKIN CLARIFYING THERAPY

80 Min

Traditional Thai Skin Clarifying Therapy is recommended for those seeking to rejuvenate dull or dry skin caused by factors such as pollution, lifestyle, ageing, or hormonal imbalances. This therapeutic experience begins with the gentle exfoliation of dead skin cells using a natural blend of cassava sago beads and a selection of Thai herbs, including kwao krua, wild turmeric, thanaka, and tamarind pulp, leaving the skin refreshed and smooth. To soothe any inflammation, a freshly prepared herbal paste—crafted from cooling medicinal plants such as guduchi, gotu kola, and green chiretta—is applied. The session concludes with a deeply relaxing Thai healing massage, featuring organic, plant-based oils infused with delicate food-grade gold flakes, leaving the skin radiant, plump, and with you feeling thoroughly relaxed.

TRADITIONAL THAI MEDICINE

THAI DEEP SLEEP AND SKIN RADIANT THERAPY

110 Min

This traditional Thai remedy combines the ancient wisdom of Suriyachon oil with the therapeutic power of herbs for a truly rejuvenating experience. The session begins with a Thai herbal bath and scrub to gently remove dead skin cells, leaving your skin glowing. This is followed by a Thai therapeutic massage and herbal compress to improve circulation and enhance inner radiance. Beyond the physical benefits, this treatment helps reduce stress, calm the mind, and improve sleep, leaving you feeling refreshed and balanced.

TRADITIONAL THAI WOMEN CARE MASSAGE

80 Min

110 Min

Rooted in traditional Thai wisdom, this treatment is designed to restore hormonal balance, enhance circulation and support a woman's well-being through every stage. The treatment encompasses a herbal infused charcoal therapy, along with a targeted uterine massage to help warm the body, ease tension, and restore natural detoxification. Heat stimulates circulation, and encourages hormonal balance. This nurturing experience not only supports physical restoration but leaves you feeling centred, and revitalised.

TRADITIONAL THAI MEN CARE MASSAGE

80 Min

110 Min

Our Karsai therapy is a traditional healing treatment that focuses on improving circulation and relieving congestion in the genital area. Using gentle, precise pressure and circular massage techniques, it helps address common male concerns and alleviates lower back pain. To enhance the benefits, we can include herbal vapour therapy and warm salt pot compression, promoting better circulation and restoring vitality.

TRADITIONAL THAI MEDICINE TREATMENT ADDITIONAL

30 Min

You can extend your session by 30 minutes to enjoy even more benefits from our traditional Thai medicine treatment, giving you extra time to relax and enhance the healing experience.

RAK^{Xa}
INTEGRATIVE WELLNESS

RAK^{Xa} JAI

AYURVEDA



RAK^{Xa} JAI

AYURVEDA

AYURVEDIC DIAGNOSIS

25 Min

An Ayurvedic Diagnosis helps us understand your unique body constitution, based on the three doshas: vata (movement), pitta (transformation), and kapha (cohesion). By identifying your specific combination of these energies, we can better understand your physical and mental traits, as well as any tendencies toward certain imbalances or illnesses. This consultation allows us to create a more comprehensive wellness plan just for you.

MARMA HEALING MASSAGE

60 Min

90 Min

Marmas are key energy points in the body where vital energy flows. Our Marma therapy combines Ayurvedic acupressure, massage on these points, and the use of medicated VPK (Vata-Pitta-Kapha) oil to enhance energy flow, activate natural healing, relieve discomfort, and restore a sense of vitality. This treatment is ideal for those looking for a deeply therapeutic and renewing experience.

ABHYANGA FOUR HANDS

60 Min

90 Min

Abhyanga is a luxurious four-hand full-body massage using warm VPK (vata-pitta-kapha) oil, an essential part of Ayurvedic healing. The rhythmic strokes of the therapists, combined with the nourishing properties of the oil, improve circulation, reduce fatigue, combat premature ageing, balance the vata dosha, promote restful sleep, and enhance skin health. This holistic treatment rejuvenates both your body and mind, leaving you feeling deeply relaxed and refreshed.

AYURVEDA

SHIRODHARA

60 Min

Shirodhara is a traditional and Ayurvedic treatment in which a practitioner gently and steadily drips warm medicated oil in a continuous stream onto the third eye, soothing and calming the central nervous system by pacifying the vata and pitta doshas. This deeply relaxing therapy enhances emotional balance, helps to alleviate stress and anxiety, and can also be an effective remedy for insomnia.

KSHEERADHARA

60 Min

Ksheeradhara is a therapeutic Ayurvedic procedure that involves gently pouring room-temperature medicated milk onto the forehead, inducing a deep state of relaxation and promoting psychosomatic equilibrium. This cleansing and rejuvenating therapy helps remove toxins, alleviate mental fatigue, and reduce stress, while also supporting the central nervous system. By stimulating and soothing the hypothalamus, Ksheeradhara regulates the functions of the pituitary gland, inducing sleep and creating mental calmness. As a result, it allows both the body and mind to experience a profound state of rest and rejuvenation.

UDVARTHANAM

60 Min

Udvarthanam is a revitalising full-body massage using therapeutic herbal powders mixed with medicated kapha oil. The gentle friction during the treatment helps balance the kapha dosha, contour the body, and remove impurities. This massage is ideal for those looking to feel refreshed and achieve a radiant all-over body glow.

AYURVEDA

ELAKIZHI

80 Min

Elakizhi is a herbal compress therapy made with medicinal plants, like Moringa leaves, to ease body pain and stiffness. The freshly prepared herbs are toasted with vata oil, wrapped in linen, and used as a therapeutic compress. This treatment helps improve blood circulation, relieve joint stiffness, soothe physical discomfort, and balance the vata dosha, leaving you feeling relaxed and refreshed.

KATI VASTI

50 Min

Kati Vasti is a soothing Ayurvedic treatment designed to ease discomfort and restore balance to the vata dosha. Warm medicated vata oil is poured into a dough ring placed on the affected area, usually the lower back. The oil deeply penetrates the tissues, providing therapeutic relief. Afterward, a marma point massage enhances the healing process by stimulating the flow of energy, helping to alleviate pain and promote natural recovery.

NAVARAKIZHI

60 Min

Navarakizhi is a rejuvenating Ayurvedic treatment using a warm compress made from brown rice cooked with milk and herbs like shatavari. It helps strengthen muscles, joints, and connective tissues while nourishing the skin. The warmth improves blood circulation, promotes the absorption of herbal benefits through the skin, and relieves joint stiffness and swelling. This therapy is perfect for those with joint discomfort or anyone looking to boost their energy and restore balance to their body.

AYURVEDA

KAYA SUDDHI (BODY DETOX)

140 Min

Kaya Suddhi is designed to purify the entire body and restore balance to all three doshas. Based on the cleansing procedures of panchakarma, this session combines marma healing massage, udvarthanam, and herbal steaming to remove impurities from the body, under the guidance of an experienced practitioner. The treatment concludes with a detoxifying herbal tea, leaving you with a light, refreshing sensation and enhancing your natural glow from the inside out.

MANO MAYA (STRESS MANAGEMENT)

110 Min

Mano Maya is designed to alleviate stress by releasing physical tension and promoting mental tranquillity. This healing session combines the soothing strokes of abhyanga massage to ease tense muscles, the steady drip of shirodhara on the third eye to induce a relaxed state of awareness, and the meditative vibrations of singing bowls to harmonise your brain frequency. As a result, stress—both physical and mental—is gently unwound, leaving you in a state of deep relaxation.

PRANAYAMA

50 Min

Pranayama is a yogic breathing practice that helps you control your life force energy and cultivate mindfulness. By regulating your breath and the flow of pranic energy, this practice promotes a healthy body and a calm, focused mind.

YOGA DETOX

50 Min

Yoga Detox is a dynamic practice designed to stimulate your digestive system and help your body remove impurities. Through a combination of yoga poses like twists, bends, and stretches, along with breathwork techniques, it promotes better digestion and bowel movement. The session ends with a cleansing herbal tea, leaving you feeling lighter, refreshed, and rejuvenated.

AYURVEDA

JALA NETI

30 Min

Jala Neti is an ancient yogic cleansing technique that clears the nasal passages. Using a neti pot filled with saline water, the solution is gently poured through the nostrils to flush out dust, allergens, and impurities. It also helps loosen mucus and soothe dry airways. This practice is especially beneficial for those with sinusitis, allergies, or breathing difficulties.

THALAPOTHICHIL

80 Min

Thalapothichil is a soothing Ayurvedic treatment for the head and mind. It starts with an Amla powder mask applied to the scalp, followed by a lotus leaf wrap, leaving space to pour cooling medicated pitta oil. This cooling treatment helps balance the pitta dosha and is highly effective for mental stress, migraines, scalp issues, dandruff, and hair loss. You will leave feeling lighter, energised, and with improved mental clarity.

MINDFULNESS MEDITATION

50 Min

Our guided Mindfulness Meditation is designed to help you reconnect with your inner self, focusing on self-praise and healing. This session helps you relax, re-energise, and develop a positive outlook that fosters compassion and self-awareness.

TRATAKA MEDITATION

30 Min

Trataka meditation is a simple yet powerful practice where you focus your gaze on a single point, like a candle flame. It's a great way to calm your mind, improve focus, and gain mental clarity. Additional benefits include strengthening your eyesight while leaving you feeling relaxed and centred.

AYURVEDA

MATRA BASTI

30 Min

Matra Basti is a gentle Ayurvedic therapy in which a small amount of medicated oil is administered through the rectal route to help nourish and balance the body. It is especially beneficial for alleviating Vata imbalances, calming the nervous system, improving digestion, and relieving tension. This treatment is ideal for those seeking to restore balance and feel rejuvenated.

AYURVEDIC TREATMENT ADDITIONAL

30 Min

You can extend your session by 30 minutes to enjoy even more benefits from our Ayurvedic treatment, giving you extra time to relax and enhance the healing experience.

RAK^{Xa} JAI
ENERGY MEDICINE



RAK^{Xa} JAI

ENERGY MEDICINE

ENERGY MEDICINE CONSULTATION

25 Min

An Energy Medicine Consultation explores your body's energy systems through the seven chakras, key centres impacting your physical, mental, and emotional health. We pinpoint imbalances in these chakras to identify the root causes of discomfort or disharmony. This examination enables us to create solutions that restore balance, enhance resilience, and promote harmony.

PERSONALISED ENERGY MEDICINE TREATMENT

80 Min

Our Personalised Energy Medicine Treatment rebalances your body's energy and restores harmony. Using energy healing, sound therapy, and crystal work, this fully personalised and holistic approach revitalises your physical, emotional, and spiritual well-being, leaving you refreshed and more connected with yourself.

RAK^{Xa} SIGNATURE SLEEP ENHANCEMENT

80 Min

Our RAK^{Xa} Signature Sleep Enhancement combines ancient energy healing with sound therapy to alleviate tension, rebalance energy, and improve sleep quality. This treatment utilises essential oils, specialised massage techniques, and the soothing sounds of a singing bowl to guide you into a state of deep relaxation. You will experience enhanced sleep, leave feeling calm, refreshed and at peace.

CHI NEI TSANG

50 Min

Chi Nei Tsang is a centuries-old healing touch therapy that uses a deep yet gentle abdominal massage to realign your internal organs for better efficiency, improving both physical and emotional well-being. This technique strengthens the immune system, corrects posture, relieves tension, and helps with persistent back pain. It's also effective for releasing deeply embedded and stagnant emotional blockages, leaving you feeling revitalised and at peace.

ENERGY MEDICINE

ZEN NA TAI (CHI NEI TSANG + CRANIO SACRAL)

50 Min

Zen Na Tai is a therapeutic practice that promotes self-healing and deep relaxation by focusing on the abdominal and craniosacral areas. The session begins with a soothing upper back and head massage, followed by gentle strokes on the chest to relieve pressure and ease aches. The abdominal massage helps stimulate the digestive system, rebalance energy, and leave you feeling deeply relaxed and revitalised.

REIKI

50 Min

Reiki is a Japanese energy-healing technique that helps guide and balance your life force energy. During the session, the practitioner uses a hands-on approach to transfer universal energy throughout your body, promoting physical, mental, and emotional well-being. This gentle therapy reactivates the body's energy centres brings deep relaxation, a sense of peace,

SINGING BOWL HEALING

50 Min

Singing Bowl Healing, a form of sound therapy using Tibetan bowls, is an effective and proven method that employs vibrating sounds to relieve stress, align brain frequencies, and cultivate a deep sense of peace, well-being, and improved health. This therapy is also recognised for its significant role in the healing process for individuals experiencing a range of physical and emotional conditions.

CHAKRA BALANCING

50 Min

This powerful energy-balancing treatment restores the flow of life force energy throughout your body, promoting vibrant health and well-being on every level. Like a spring cleaning for your energy system, it unblocks, reactivates, and rebalances your chakras, leaving you feeling refreshed, revitalised, and more in tune with yourself.

ENERGY MEDICINE

CRYSTAL HEALING

50 Min

Crystal healing is a holistic, non-invasive therapy that uses carefully placed crystals to absorb and move energy, providing powerful stress relief. This gentle technique is especially helpful for those dealing with migraines, insomnia, panic attacks, pain, stiff joints, digestive issues, or chronic illnesses like cancer that need long-term support.

It's a calming and supportive way to enhance overall well-being.

ANGEL STONE HEALING

50 Min

This facial treatment combines the soothing energy of rose quartz with a relaxing head, neck, and shoulder massage and facial lifting techniques. It helps cool the face and head, relieve headaches and migraines, and promotes overall well-being. This gentle, non-invasive therapy supports your body's natural ability to heal, leaving you feeling refreshed and balanced.

MIEN ACUPRESSURE

50 Min

This relaxing facial treatment uses a crystal point to gently stimulate meridian channels on the face, balancing tissues and purifying lymphatic vessels. Combined with soothing massage techniques on the upper back and head, it helps release nervous tension, clear negative energy, and rejuvenate those dealing with jet lag or insomnia. It's also great for relieving facial twitching, calming muscles, and easing headaches.

ENERGY MEDICINE TREATMENT ADDITIONAL

30 Min

You can extend your session by 30 minutes to enjoy even more benefits from our energy medicine treatments, giving you extra time to relax and enhance the healing experience.

RAK^{Xa} JAI

TRADITIONAL CHINESE MEDICINE



RAK^{Xa} JAI

TRADITIONAL CHINESE MEDICINE

TRADITIONAL CHINESE MEDICINE DIAGNOSIS

25 Min

In Traditional Chinese Medicine (TCM), tongue and pulse diagnosis are key techniques used to assess your overall health and identify imbalances in specific organs. By observing the tongue, skin, and eyes and feeling the pulse, TCM practitioners can uncover underlying patterns of disharmony and better understand the root cause of your symptoms.

TRADITIONAL CHINESE ACUPUNCTURE

50 Min

Traditional Chinese Acupuncture, personalised by a TCM doctor, supports your body's natural healing processes and improves overall function. This involves the gentle insertion of fine, sterile needles into specific points on the body. To enhance the results, we also offer moxibustion, which uses Chinese mugwort to strengthen blood flow and boost well-being and electrostimulation, which applies safe electric pulses to maximise the flow of qi, or life force energy. Traditional Chinese Acupuncture is ideal for those seeking to restore balance and promote relaxation.

ACUPUNCTURE AND CUPPING INITIAL

80 Min

Our introductory treatment, Acupuncture & Cupping Initial, uniquely combines the ancient practices of acupuncture and cupping to promote healing and balance. Acupuncture involves inserting fine needles into specific points along your body's energy pathways, helping to alleviate pain, reduce stress, and enhance overall wellness. Complementing this, cupping uses gentle suction to boost circulation, release muscle tension, and detoxify the body. Tailored to your personal needs, this session offers a holistic approach to restoring harmony and vitality.

RAK^{Xa} JAI

TRADITIONAL CHINESE MEDICINE

SCALP ACUPUNCTURE

80 Min

Scalp acupuncture combines micro-needling on the head with soothing acupressure massage to target specific points on the scalp. This ancient technique helps relieve headaches, reduce heat in the upper body, and improve blood and energy flow to the head. It is also effective in preventing hair loss, reducing scalp inflammation, and promoting deep relaxation and better sleep.

CUPPING

50 Min

Dry cupping therapy, or Ba Guan in Chinese, is an ancient healing technique where a doctor uses fire to create a vacuum in cups placed on your back. The suction promotes blood and energy (qi) flow, delivering oxygen and nutrients to stimulate natural healing. While temporary dark circles may appear due to the treatment, they usually fade within one to two weeks. Gliding cupping is also used to relieve physical discomfort and improve circulation, leaving you feeling relaxed and rejuvenated.

FACIAL ACUPUNCTURE

50 Min

Facial acupuncture is a gentle, traditional Chinese technique that uses tiny, hair-thin needles to enhance blood flow to the skin and stimulate collagen production. This treatment helps improve complexion, accelerate the healing of acne and scars, and leaves your skin looking youthful and refreshed.

FACIAL GUASHA

50 Min

Facial Guasha is a traditional technique using a smooth jade or rose quartz tool to gently scrape and stroke the facial skin. This relaxing treatment helps release muscle tension, improve blood and lymph circulation to reduce puffiness, and enhance a youthful glow. It also promotes deep relaxation, leaving you feeling refreshed and rejuvenated.

TRADITIONAL CHINESE MEDICINE

BODY GUASHA

50 Min

Guasha is an ancient technique that helps release stagnant qi and improves blood and lymphatic circulation. It involves gently scraping the skin with a smooth-edged tool.

Combined with acupressure on specific points, this therapy helps restore the flow of life force energy, ease physical discomfort, and support your body's natural healing process.

TUINA ACUPRESSURE MASSAGE

50 Min

Tuina is a traditional Chinese dry massage that works along the body's meridian lines to address chronic pain, improve mobility, and support natural healing. Using techniques like rolling, pulling, and acupressure, Tuina helps rebalance the flow of qi (energy) through the meridians.

This therapy involves skilled hand and arm movements to massage muscles and tendons, stimulate acupressure points, and realign the musculoskeletal system for a more balanced and harmonious body.

TRADITIONAL CHINESE YIN-YANG REBALANCE

50 Min

Traditional Chinese Yin-Yang Rebalance begins with a relaxing foot bath infused with customised Chinese warming herbs to improve circulation and keep the 'hearts on your feet' warm. Next, a traditional Chinese medicine doctor uses cool Guasha on the face, neck, and shoulders to boost lymphatic and blood circulation, ease tension, and soothe the skin while relieving stress. Your facial skin will also be pampered with a remedial mask made from pearl powder and ganciao extract. The session concludes with Tuina acupressure to bring your entire body back into a balanced and harmonised state. This treatment is perfect for anyone looking to maintain vitality and alignment for long-term wellness.

TRADITIONAL CHINESE MEDICINE TREATMENT ADDITIONAL

30 Min

You can extend your session by 30 minutes to enjoy even more benefits from our Traditional Chinese medicine treatment, giving you extra time to relax and enhance the healing experience.

RAK^{Xa} JAI

SPA



RAK^{Xa} JAI

SPA

MANUAL LYMPHATIC DRAINAGE MASSAGE

80 Min

Manual Lymphatic Drainage is a gentle massage designed to clear impurities and waste from your tissues and organs by stimulating the lymphatic system. Using rhythmic, circular movements, this treatment improves blood and lymph flow, making it ideal for reducing fluid retention, body swelling, and boosting circulation.

It is a relaxing and effective treatment to facilitate the body's natural detox process while leaving you feeling lighter and refreshed.

RAK^{Xa} RELAXING MASSAGE

50 Min

80 Min

The RAK^{Xa} Relaxing Massage combines essential oils with gentle, flowing strokes to release tension, improve circulation, and uplift your mood through the soothing effects of aromatherapy. This treatment is the perfect mind and body tonic, with light-to-medium pressure tailored to your preference for ultimate relaxation.

AROMATHERAPY MASSAGE

50 Min

80 Min

An Aromatherapy Massage session begins with the selection of a body oil tailored to your preferences: earth, water, wind, or fire. This treatment combines a soothing massage that releases body tension with the calming effects of essential oils.

These oils engage the limbic system to relax the mind, making it ideal for anyone looking to unwind and feel completely rejuvenated.

BALINESE MASSAGE

50 Min

80 Min

Balinese massage is a full-body, firm-pressure treatment that combines gentle stretches, acupressure, kneading, and aromatherapy. It helps release tension, improve blood flow, boost the lymphatic system, and restore energy flow (qi). This treatment leaves you feeling deeply relaxed and refreshed, with a renewed sense of well-being.

SPA

SCALP MASSAGE

50 Min

Our scalp massage is perfect for relaxing the mind, easing stress, and releasing tight muscles around the scalp, temples, forehead, and upper back. Using nourishing argan oil, it soothes the scalp and improves blood flow. This treatment is especially beneficial for relieving tension headaches and promoting better sleep.

HAND MASSAGE

50 Min

Our hand massage, enhanced with heated jade stones, is perfect for relieving muscle tension, myofascial pain, and improving finger joint flexibility. This treatment helps with hand spasms, locked fingers, and carpal tunnel syndrome.

FOOT MASSAGE

50 Min

Experience total relaxation with our Foot Massage, which combines soothing strokes on your legs and feet to calm your body and mind. This treatment improves circulation, reduces discomfort, and nourishes your skin. It includes a salt scrub, a purifying Moroccan volcano clay mask, and a foot ritual with a bath bomb. The session concludes with a comforting foot massage, enhanced by the warmth of hot stones.

SPA

BACK MASSAGE

50 Min

This treatment combines deep, firm massage techniques with gentle stretching to relax tight back muscles and ease neck and shoulder strain. The addition of heated jade stones boosts circulation in the affected areas, helping to relieve back pain and discomfort.

HOT STONE MASSAGE

80 Min

Our Hot Stone Massage provides deep relaxation with warm volcanic stones that open energy channels and release muscle tension. Enhanced by an oil-based deep tissue massage, the session ends with a cooling jade facial massage, leaving you feeling refreshed, renewed, and revitalised.

RAK^{Xa} STRESS RELEASE TREATMENT

80 Min

The RAK^{Xa} Stress Release treatment effectively alleviates tension and muscle soreness in the back, combining massage techniques with aromatic herbal compresses. Ideal for those suffering from the physical discomforts associated with repetitive work postures or sports activities, this treatment leaves you feeling relaxed and refreshed.

SPA

RAK^{Xa} BODY THERAPY (BODY SCRUB + WRAP)

80 Min

Enjoy the unique and energising RAK^{Xa} Body Therapy and enhance your skin's radiance with a choice of two luxurious body scrubs, each designed to exfoliate, nourish, and revitalise:

Nude Body Scrub – Infused with Bora Bora white sand, quartz powder, and sea salt, this natural exfoliating treatment gently removes dead skin cells, stimulates cellular renewal, and remineralises the skin. Sunflower oil provides deep hydration, while Vitamin E offers antioxidant protection, leaving your skin soft, silky, and youthful.

Vitamin Body Scrub Mémoires d'Été – A fragrant and revitalising scrub enriched with raspberry and sunflower oils for intense hydration and nourishment. Sea salt and pumice stone particles deeply purify, detoxify, and refine skin texture, promoting circulation and a radiant glow.

Both treatments are suitable for all skin types and deliver a smooth, refreshed, and rejuvenated finish. Choose your preferred scrub for a personalised exfoliating experience.

REMEDIAL NAIL AND CUTICLE THERAPY

80 Min

Remedial Nail and Cuticle Therapy is designed to restore the health of your nails and cuticles. This treatment focuses on strengthening your nails, deeply hydrating the cuticles, and providing overall care to leave your hands feeling and looking their best.

CURATIVE TOENAIL AND CUTICLE THERAPY

80 Min

Curative Toenail and Cuticle Therapy offers specialised care to restore the health of your toenails and cuticles. This treatment focuses on strengthening, hydrating, and healing, leaving your feet feeling refreshed and cared for.

SPA TREATMENT ADDITIONAL

30 Min

You can extend your session by 30 minutes to enjoy even more benefits from our spa treatment, giving you extra time to relax and enhance your overall experience.

RAK^{Xa} JAI

BIOLOGIQUE RECHERCHE



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HYDRATING AND SMOOTHING FACIAL TREATMENT

90 Min

Our Hydrating & Smoothing Facial Treatment utilises a carefully curated selection of natural ingredients including silk extract, milk protein, cucumber, and yeast to nourish sensitive or damaged skin. This premium blend not only revitalises your complexion but also leaves your skin with a silky, glass-like texture. This treatment is perfect for those looking to enhance their skin's natural beauty and achieve a flawless, radiant appearance.

PLUMPING AND WRINKLE REFINING FACIAL TREATMENT

90 Min

Our Plumping & Wrinkle Refining Facial Treatment is specifically designed to combat fine lines, wrinkles, acne, and loss of suppleness. Featuring rejuvenating ingredients such as blue algae, yeast extract, and vitamin B3, this treatment includes gentle exfoliation to refresh your skin. It is ideal for anyone looking to restore a youthful radiance and achieve a luminous, refreshed complexion.

LIFTING AND AGE-DELAY FACIAL TREATMENT

90 Min

Our Lifting & Age-Delay Facial Treatment is enriched with nourishing ingredients including silk extract, silica powder, and natural moisturising factors, specifically formulated to stimulate collagen production and enhance skin elasticity. This advanced treatment revitalises and restructures your skin, making it ideal for anyone seeking to maintain a radiant rejuvenated complexion with lasting youthful beauty.

BIOLOGIQUE RECHERCHE

VIPO2™ OXYGENATING DEEP CLEANSE FACIAL TREATMENT

90 Min

Our Biologique Recherche VIP O2 Facial is specifically designed to combat the harmful effects of urban pollution, utilising potent ingredients such as Oxygenating Complex, Shea Detox, Dandelion Fructans, Chlorella, and Cotton Stem Cells. This treatment actively neutralises pollutants and eliminates cellular waste while nourishing and protecting your skin from oxidative stress.

The result is clearer, refreshed, and more radiant skin. Perfect for those looking to revitalise and brighten a dull complexion, this treatment leaves the skin glowing with vitality.

FOUR HANDS BODY FIRMING MASSAGE

60 Min

90 Min

Our body firming massage is a dynamic four-handed treatment, performed by two therapists working in perfect sync to tone and sculpt your body. This invigorating massage helps reduce the appearance of cellulite, boost circulation, and support lymphatic drainage to ease water retention. You will leave feeling firmer, refreshed, and with beautifully soft, radiant skin.

CORPS™ BODY YOUTH SCULPTING TREATMENT

90 Min

Our CORPS™ Body Youth Sculpting Treatment provides a tightening and smoothing experience that refines skin texture and redefines the body's contours. Powered by Biologique Recherche Cocoon Silky Protein, this treatment deeply moisturises, shields the skin from pollution, and delivers powerful anti-ageing benefits. Ideal for those seeking to enhance skin firmness and achieve a glowing, youthful appearance, it leaves the body feeling rejuvenated and visibly toned.

BIOLOGIQUE RECHERCHE

BODY PERFECT DRAINING AND CONTOURING TREATMENT

90 Min

Our Body Perfect Draining & Contouring Treatment helps you achieve your ideal shape. Utilising powerful active ingredients such as lipase enzyme, hyaluronic acid complex, and horsetail pin extract, this treatment promotes lymphatic drainage, reduces water retention, and targets stubborn cellulite. It is recommended for those looking to refine and tone their body, enhancing confidence and vitality.

FOUR HANDS FACE AND BODY RECHERCHE RITUAL

120 Min

Our Biologique Recherche Facial-to-Toe Treatment is meticulously designed to enhance your holistic wellness journey. It revitalises your skin with nourishing ingredients such as sweet almond oil, wheat germ extract, and burdock extract, leaving you glowing and refreshed. Additionally, this treatment effectively targets cellulite with the cleansing and smoothing effects of lipase enzyme, ensuring healthier, more radiant skin. This comprehensive care is perfect for those who seek a transformative beauty and wellness experience.

RAK^{Xa}
INTEGRATIVE WELLNESS

RAK^{Xa} JAI
HYDROTHERAPY



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HYDROTHERAPY

FLOATATION SESSION

45 Min

Our Floatation Session offers a unique way to relax and let go of stress in our spacious private floatation room. Floating in highly buoyant water that negates gravity's effects allows your muscles and nervous system to relax completely. This calming experience dissipates built-up tension, leaving your body and mind fully refreshed. Perfect for those who seek a profound peace and thorough rejuvenation.

VICHY REJUVENATING

60 Min

Experience the soothing Vichy Shower, where warm, gentle water flows over you, easing tension and reducing stress while rejuvenating your vitality. This treatment includes an invigorating exfoliating scrub to leave your skin soft and smooth. You can enjoy it on its own or combine it with a massage therapy for an enhanced relaxation experience.

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HOLISTIC INTEGRATIVE TREATMENTS



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HOLISTIC INTEGRATIVE TREATMENTS

RESTORATIVE GUT THERAPY (CUSTOMISED TRADITIONAL CHINESE ACUPUNCTURE + CHI NEI TSANG)

50 Min

Restorative Gut Therapy is a holistic treatment designed to support digestive health and overall well-being. It combines personalised acupuncture, which targets key energy points to direct healing qi (life force energy) to your internal organs, with Chi Nei Tsang, a gentle abdominal massage that releases blockages and improves organ function. Together, these techniques address the root causes of digestive discomfort, restore gut health, support detoxification, and promote deep relaxation by calming the gut-brain connection.

VITALITY FLOW ENHANCEMENT THERAPY (CUSTOMISED TRADITIONAL CHINESE ACUPUNCTURE + SINGING BOWL HEALING)

50 Min

Vitality Flow Enhancement Therapy is ideal for anyone dealing with emotional challenges including irritability, anxiety, trouble sleeping, low energy, or difficulty concentrating. The session begins with personalised acupuncture to release blocked energy along the body's pathways. Gentle, hair-thin needles are placed around the head to support the brain's natural detox process and improve the flow of cerebrospinal fluid. To elevate the benefits, Tibetan singing bowls are used to create soothing vibrations that align with your body's seven chakras. This therapy not only promotes relaxation but also restores vitality and relieves physical discomfort.

RESPIRATORY PURIFICATION THERAPY (CUSTOMISED TRADITIONAL CHINESE ACUPUNCTURE + YA-SOOM)

50 Min

Respiratory Purification Therapy is perfect for anyone dealing with nasal congestion, airway issues, or respiratory concerns caused by pollution, allergies, sinusitis, or past infections like COVID-19, colds, or the flu. This session combines traditional Chinese acupuncture to improve energy flow through the respiratory system, along with Thai massage techniques to relieve tension in the chest and upper body. To enhance the benefits, it includes a herbal steam inhalation using aromatic herbs and essential oils to clear mucus, improve lymphatic circulation, and restore lung function, leaving you breathing easier.

HOLISTIC INTEGRATIVE TREATMENTS

TRADITIONAL EYE AND STRESS RELIEF (CUSTOMISED TRADITIONAL CHINESE ACUPUNCTURE + YA-POK)

50 Min

Traditional Eye and Stress Relief is perfect for anyone dealing with eye strain or temple headaches from long hours on digital devices. The session starts with a consultation and acupuncture by a traditional Chinese medicine doctor, targeting points on the abdomen and legs to relieve stress and promote deep relaxation. Then, a traditional Thai medicine doctor enhances the experience with a herbal eye poultice made from cooling medicinal plants and a clay facial mask. These treatments help soothe dry eyes, reduce tension, and alleviate migraines or stress-related insomnia, leaving you feeling refreshed and relaxed.

INTEGRATIVE STRESS AND SCALP RECOVERY (CUSTOMISED TRADITIONAL CHINESE ACUPUNCTURE + THALAPOTHICHIL)

80 Min

Integrative Stress And Scalp Recovery is a unique treatment combining Ayurvedic and traditional Chinese medicine to address stress-related symptoms like headaches, sleep difficulties, emotional imbalances, and scalp health concerns. This session includes the application of a cooling Ayurvedic herbal paste on the head and body and scalp acupuncture to relieve stress-induced overheating, restore balance to your body's natural systems, and promote relaxation. It also boosts scalp health and circulation, encouraging healthy hair regrowth.

INTEGRATIVE TENSION RELIEF (CUSTOMISED TRADITIONAL CHINESE ACUPUNCTURE + KATI VASTI)

80 Min

Integrative Tension Relief is ideal for anyone dealing with body pain, tight fascia, or joint stiffness caused by overuse, exercise, repetitive work, a sedentary lifestyle, injury, or surgery. The session starts with a physical examination and personalised acupuncture by a traditional Chinese medicine doctor to release blocked energy along the body's pathways, helping to ease discomfort and tension. Next, we use Kati Vasti, an Ayurvedic treatment where warm herbal oil is applied and retained around the affected areas. This helps rebalance Vata, providing relief from pain while revitalising your muscles, joints, and nerves for overall health and well-being.

DISCOVER RAKxa
WHERE YOUR WELLNESS JOURNEY BEGINS



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